

CLAIM AMENDMENTS

The following is a complete list of claims. The claims below replace all prior versions of the claims in the application. Please cancel claims 1 – 11 and 20 – 37.

1. – 11. Canceled

12. (Original) An extendable and retractable support comprising:

- a body having a longitudinal axis and including an outer tube having a top and an inner tube disposed within the outer tube and moveable within the outer tube;

- an arm attachment assembly including a fixed arm ring attached to the outer tube and a moving arm ring attached to the inner tube and moveable relative to the outer tube wherein the arm attachment assembly is operable to move an arm to an extended position as the inner tube moves;

- a leg attachment assembly including a fixed leg ring attached to the outer tube and a moving leg ring attached to the inner tube and moveable relative to the outer tube, wherein the leg attachment assembly is operable to move a leg to an extended position as the inner tube moves; and

- a lock mechanism operable to retain the arm and leg in the extended position.

13. (Original) The support of claim 12 wherein:

- the arm attachment assembly is operable to move the arm to a retracted position as the inner tube moves, and

- the leg attachment assembly is operable to move the leg to a retracted position as the inner tube moves.

14. (Original) The support of claim 12 wherein the arm includes a straight or substantially straight arm body.

15. (Original) The support of claim 12 wherein the leg includes a straight or substantially straight leg body.
16. (Original) The support of claim 12 wherein the moving leg ring surrounds a portion of the outer tube.
17. (Original) The support of claim 12 wherein the moving leg ring and the moving arm ring surround different portions of the outer tube.
18. (Original) The support of claim 12 wherein:
 - the arm attachment assembly and the leg attachment assembly are operable to simultaneously move their respective arm and leg to a retracted position as the inner tube moves, and
 - the body includes a bias member disposed between the inner tube and the outer tube that is operable to bias the arm and leg to the retracted position.
19. (Original) The support of claim 12 wherein the lock mechanism includes:
 - an actuating tube operable to move the inner tube,
 - a locking portion in an actuating slot formed in the outer tube, and
 - a lock pin attached to the actuating tube and extending into the actuating slot,wherein the actuating slot is oriented on the outer tube such that the pin moves within the slot as the actuating tube moves along the longitudinal axis relative to the outer tube and the lock pin contacts a slot edge to retain the arm and leg in an extended position.
20. – 37. Canceled